

ANNUAL NARRATIVE REPORT
NAVAJO COUNTY
ARIZONA

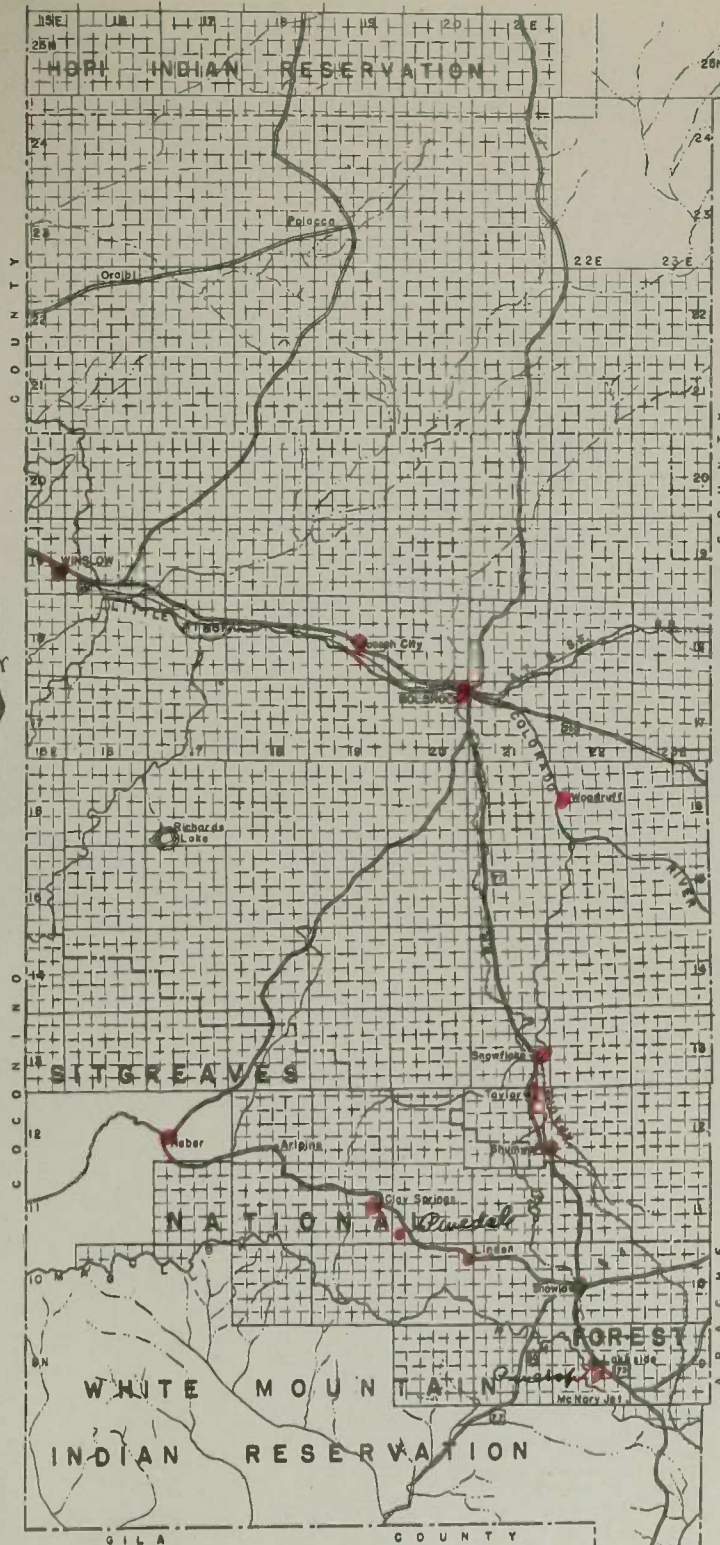
DECEMBER 1, 1945

to

OCTOBER 15, 1946

By

Ruth H. Cook
Home Demonstration Agent



NAVAJO COUNTY, ARIZONA

SCALE IN MILES

0 1 2 3 4 5 6 12 16 24

Home Demonstration Work

Mileage from Holbrook:

Joseph City	11
Woodruff	15
Snowflake	28
Showlow	47
Shumway	36
Heber	48
Clay Springs*	71
Pinedale**	57
Taylor	31
Lakeside	56
Whiteriver	84
Winslow	33
*Via Heber	
**Via Showlow	

Other Communities Served

Aripine*	58
Pinetop	59
Linden**	51
*via Heber	
**via Showlow	

4-H Clubs

Joseph City
Woodruff
Linden
Clay Springs
Showlow
Heber
Snowflake
Pinedale
Lakeside

DESCRIPTION OF COUNTY.

Navajo County, in the northeastern part of Arizona, stretches in length about 300 miles from north to south, and in width is about 60 miles. It ranges in altitude from about 5,000 to 7,000 feet. Approximately 7/10 of the County is Indian Reservation territory for the Navajo, Hopi and Apache tribes. There is only one city, Winslow, with a population of about 10,000 at present, an increase of about 2800 due to war conditions, although many are leaving for various reasons. Holbrook, the County seat, with 3,000 inhabitants, serves a wide area. It is the main shopping center for the 13 widely scattered communities in which Home Demonstration work is done.

Cattle and sheep are the chief agricultural products. In the many small Mormon communities, nearly every family produces a large portion of their home food supply. A number of farms and ranches are on poor land, and are too small to provide an adequate income without supplementary sources.

Health facilities are limited. The County Health program consists of service to indigents. Winslow and Holbrook have school nurses. Dental equipment was obtained by the Farm Security Administration during this past year, and a dentist has been appointed to go on duty as soon as he receives his Arizona State license.

There is no County library, and recreation programs outside of the Mormon church and the school set-up are practically lacking.

Ruth H. Cook
Home Demonstration Agent
Navajo County, 1946

STATISTICAL SUMMARY

GENERAL ACTIVITIES:

Days given to Navajo County	140
Days devoted to work with adults	90
Days devoted to work with 4-H Clubs	50
Days in office	91
Days in field	49
Home visits made	352
Different homes visited	143
Office calls	303
Telephone calls	133
Individual letters written	127
Circular letters written	32
Circular letters mailed	1512
News articles published	72
Bulletins distributed	2091
Adult method demonstrations	30
Attendance	373
Training meeting for adult leaders	9
Attendance	26
Training meeting for 4-H Leaders	1
Attendance	5
4-H Meetings participated in	9
Attendance	228
4-H Achievement Days	7
Attendance	175
Girls' County Round-up Attendance	86
Result demonstrations continued	2
Other meetings of an Extension nature	15
Attendance	237
Meetings not attended by HDA, held by adult	
local leaders	6
Approximate attendance	60
4-H meetings held by local leaders	180
Approximate attendance	1260
Farm homes making changes as result of HDA work....	350
Farm homes reached for first time	50
Other homes making changes as result of HDA work...	100
Other homes reached for first time	35
Number of 4-H Clubs	16
Number of girls enrolled	132
Number of girls completing	83

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SPECIAL ACTIVITIES:

Number of Homemakers' Clubs	1
Active membership	10
Other groups carrying HDA work	15
Membership	350
Families assisted with:	
Improving household storage	50
Improving home furnishings	20
Food Preservation Problems	150
Meal planning and food preparation	150
Consumer buying problems	25
Simplifying Shirt Ironing	120
Clothing construction problems	110
Christmas ideas	150
Family relationship problems	40
Family and Community recreation	25

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Navajo County, 1946

ORGANIZATION AND PLANNING:

Health and Housing continued to receive the main program emphasis in the home demonstration work carried in Navajo and Apache Counties, this past year. Fifteen communities participated in the home demonstration program in Navajo County. A new Homemakers Club was organized at Winslow. Most of the communities are of Mormon population and, therefore, Extension Chairmen are appointed in the church Relief Societies. Occasionally the Relief Society presidents act in this capacity.

The new Winslow Homemakers' Club started after a request made to the Agent at the annual Winslow P.-T.A. tea in February. A Winslow homemaker formerly from Kansas had had experience in a Homemakers' Club there. She gathered a group of interested homemakers together, and the club got under way in April. Part of the membership was drawn from long-time Winslow residents and part from new ones living in the wartime housing units. The club is now well established and has the excellent leadership of its organizer, Mrs. O. J. Ferguson.

The other group work done in Navajo County has been with "interest groups" mostly from the Relief Societies of the Mormon church. The Agent has had meetings in Holbrook with the P.-T.A., the Woman's Club, the Rotary Club and the Woman's Society of the Community Church.

Organization and planning occupied 88 days out of a total of 140 days of work in the County; 16 of these days were spent in cooperative planning with other agencies described later in this section.

The year's plan of work, as submitted to the State office early in 1946, was followed in most respects. Project work was carried out in kitchen and clothing storage; work simplification; canning methods and pressure cooker testing; school lunch promotion, operation and storage; flour enrichment and new flour properties; consumer education, fighting inflation and conservation work; leader training in clothing construction; 4-H leader training and enlarging the 4-H program. Plans were laid for increased cooperation with other agencies to include the County Nutrition Committee, P.-T.A., Red Cross, Vocational Education Department, School Lunch Programs, Farm Security Dental program, State Health Department work, the Arizona Cancer Society and various religious groups

A comparison of the plan of work with actual accomplishments can be found in Table I of the Appendix. Plans did not go through for forming a County planning Council. It is still hoped that this may be accomplished during the next year.

In Navajo County steps in this direction were taken by enlisting the support of Mrs. Lydia Petersen, Stake Relief Society president. The Agent proposed the need for such a planning group at a September Stake meeting of the Mormon church leaders, in which she was invited to participate. Later correspondence followed up this proposal. Other parts of the plans that did not materialize were the home-made conveniences work and food freezing assistance. The former was cancelled to allow the Agent to spend more time on 4-H work. The freezer locker plant which was planned for Snowflake did not open, but plans are now definite for one to open in Holbrook, probably sometime in November.

During the County Fair, the Holbrook operator demonstrated waxing products for freezing. At that time conferences were held with this operator by the Itinerant Agent and the Nutritionist. Meetings may be scheduled early in 1947 for his patrons. There is talk about a locker plant opening soon in Winslow.

Conferences Attended:

The Agent attended three conferences in the State, and the National Convention of the American Home Economics Association at Cleveland in June, which took her from her two Counties a total of 18 days.

Five days were spent at Annual Conference in Tucson in December, where the home demonstration agents received much help from a discussion and workshop on "Evaluation as a Basis for Planning." A full day was given to 4-H work and resulted in the clarifying of objectives. A most appreciated highlight among the "outside" speakers was the artist, Dale Nichols. He very vividly showed how to use "Color in the Home".

The "radio school" held in Phoenix in March, under Ken Gapen, Western Radio Advisor, gave excellent instruction and practice in this teaching method.

Following the radio school, the Agent stayed over for the Annual Meeting of the Arizona Home Economics Association, Dr. Bessie Brooks West was special guest. This meeting gave the Agent an opportunity to meet many home economists from the other agencies. All such contacts can help strengthen the County program by fostering further cooperation.

County Life Conference, held in Tucson early in June, was attended by over 100 women from most sections of the State. Four women went from Showlow and Lakeside as Navajo County's delegation. None were able to go from Apache County. The women felt that the talks by Frances Gillmore on "Arizona Folklore" and by Mrs. Mildred Jensen on "Planning a House to Fit Your Income" were the most outstanding and helpful.

To be one of the 2,000 women attending the national annual meeting of the American Home Economics Association in Cleveland was a big thrill for this Agent. She went to the Pre-Extension Conference on the Saturday evening and Sunday before the main meetings.

The need for recruiting home economics was stressed in the opening session. In the Extension Department sessions good reports were heard on training of home economics personnel, including pre-service, induction and in service training. The Agent discussed this topic briefly with Mary Louise Collings, of the Washington Extension office. Miss Collings stated that seventeen colleges in the country now have some curricula set up for pre-service training. At the last meeting of the Extension Service Department, Mrs. Kathryn Van Aken Burns gave inspiration for facing the job in the future. The total convention gave one a "new look" with which to return to the old job, and resolution to do better at working on essentials.

Evaluation Study Plans:

The State leader organized plans for an Evaluation study to be made on the "Kitchen Conference" work carried in the Agent's counties. The Agent adapted these plans to her purposes, and worked out data sheets for her successor to use in carrying on this study. Women will be chosen by random sampling and will be visited by the new Agent, if possible, by mid-November.

Navajo County Fair:

The Navajo County Fair was held October 4, 5 and 6 in Holbrook for the first time in 5 years. The Agent assisted in organizing the Women's Department and the 4-H work. Mrs. W. Dean Nutting acted as Superintendent of the Women's Department. Division Chairmen were appointed for Foods, Household Arts and Clothing. Additional committee members helped in preparing the booths the day before the Fair and during the Fair.

The usual Clothing and Household Arts items were included in the premium lists, but the only foods entered were breads and canned goods in an effort to avoid food waste. There was not very keen competition in any of the divisions, and the small number of entries was disappointing. The time space since the last fair and the fact that premium lists got out only the day before the Fair were probably the most important factors causing the low number of entries. The Agent sent mimeographed premium lists to the women and to the 4-H girls some weeks before the

Fair (See Appendix page 2, 3, 4 and 5), and did all she could to publicize it through personal contacts and by newspaper items, carrying a series of three articles on "Fair Talk on How the Judges Score". One of these from the Holbrook Tribune-News follows:

HOLBROOK TRIBUNE-NEWS
FRIDAY, SEPTEMBER 20, 1946

FAIR TALK ON HOW THE FAIR JUDGES SCORE

Ah-h! Fragrant, golden brown, crusty loaves, fresh from the oven. We all know good home-made bread has a delicious flavor and quality, which makes it a real treat to any family, writes the Navajo County Fair Food Committee. In all probability, mother has been serving it to her family right along, because she knows good bread is a grand way to round out a diet of milk, fruits and vegetables, some meat, eggs or cheese.

Now, after pleasing her family for so long, our good breadmaker is going to have a chance to really show off her wares. Right! The Navajo County Fair! The judges have let us know they will expect great things from Navajo County homemakers in the way of bread exhibits. They will look at and taste each loaf, and using the score card below, pick out the champion loaf. Will it be yours?

Score Card for Yeast Bread.

1. Smooth, well-rounded, almost symmetrical top

2. Thin crust
3. Even, golden brown crust
4. No streaks visible—inside
5. Creamy white crumb
Slightly moist
7. Fairly fine texture
8. Uniform texture
9. Resilient (spring back to the touch)
10. Light
11. Slightly sweet and nutty flavor

The yeast rolls you enter will be judged by a similar score card, so check it over, too, and see how well those rolls your family is so fond of stack up.

Score Card for Yeast Rolls

1. Golden brown color—outside
2. Creamy or light yellow color—inside
3. Slightly moist
4. Finer texture than bread
5. Less resilient than bread (does not spring back to touch as readily)
6. Light
7. Richer than bread

These pointers should help you in rating your baked goods exhibit. Watch next week's paper for details on clothing judging.

A special 4-H program was held Saturday, October 5, which included a judging contest, dress revue and awarding of County and Fair prizes. Mr. Paul Richards, publisher of the Holbrook Tribune-News and the Winslow Mail, donated 19 silver dollars for County and Judging Contest winners.

The State Leader, the Clothing Specialist, the Nutritionist, and Miss Bertha Virmond, Home Demonstration Agent-at-Large, assisted with the 4-H program, and did the judging of the women's and girls' work.

COOPERATIVE PLANNING WITH THE AGENCIES:

The estimate of 16 days spent in planning cooperatively with other agencies is probably conservative. This Agent has tried constantly to be alert to opportunities for cooperation and feels that all effort in this direction has brought rich reward.

A Philosophy of Cooperation: A record of cooperation with many different agencies follows. In each section the Agent could have described many "little things" that have made up such cooperation. For example, loaning the local baker bread bulletins and sugar substitute recipes; sending several short plays to the Hopi Indian Service Homemaking Teacher; taking some new recipe books to the school lunch cooks; asking the local grocer to let these cooks buy in quantity; introducing the Red Cross Nurse to community leaders; "pinch-hitting" for the School Nurse in a conference about the T.B. testing follow-up; taking a 4-H Leader to Apache County to visit relatives; and having the Red Cross Nutritionist as a house guest.

Much cooperation between agencies has gone on "unconsciously", but much has been planned "deliberately and experimentally". The Agent has tried to increase her own abilities in cooperating, and in addition, has tried to analyze what has been involved. Such an analysis can be a good guide to her own future actions, and for use in training local leaders in "cooperation." Extension workers could serve well as "coordinators" of out-of-school homemaking education in their counties. An integrated program, worked on cooperatively by several agencies, is always more effective than the sum of any independent programs by the same agencies.

As a result of this "study of cooperation", the Agent has made a number of specific resolutions for her future activities with other agencies, which include these "ways to cooperate:" to exchange new bulletins and ideas; to put the other person on her mailing list; to send notices of meetings; to attend others' meetings, when possible; to give the other

agency's program publicity and credit at every opportunity; to offer help and hospitality; to loan equipment; to avoid adverse criticism of the other agency; and to plan definite times for cooperation.

Some of the specific cooperative activities with different agencies, groups or programs follow:

Farm Security Administration:

This agency has been laying plans for installing community water systems in Taylor, Lakeside and Pinedale. Possibilities of a cooperative program on kitchen remodeling were discussed with Lois Harrison, F.S.A. District Supervisor. Probably Extension will need to do most of the work due to the lack of FSA personnel. However, as far as practical, such a program will be worked out cooperatively.

The dental program sponsored by this agency has made progress. A mobile dental unit, containing about \$40,000 worth of equipment, is ready to be used for both Navajo and Apache Counties when the dentist receives his Arizona license. Dental service is badly needed in this area, as teeth have been long neglected. There is real opportunity for the Extension service to work cooperatively on this program in teaching tooth nutrition.

Vocational Homemaking Education:

The Agent cooperated with the homemaking teachers in the County in several ways. Her contacts with Mrs. Rachel Edwards, of Lakeside, who also operated the school lunch there, are described in the Nutrition and Health Section. Mrs. Edwards agreed to take the 4-H Meal Planning group in the summer, but was away so much the plans were dropped.

Miss Carole Sargeant, a new teacher at Snowflake, was visited several times. The Agent held a "School Kitchen Conference" in her laboratory, with 25 of her students, who represented 5 communities. The Agent worked with Miss Sargeant on plans for collecting data from her students. These plans had been approved by Mrs. Eva Sculley, State Supervisor of Homemaking Education. Miss LaRae Bartholomew replaced Miss Sargeant in the fall. The Agent and her successor visited her recently, and have made definite plans for collecting the data from this year's class.

The Agent also visited Dorothy Tolson, Winslow teacher, and spoke briefly to her class describing the scope of a home demonstration agent's job.

She was glad to meet several teachers at the annual Arizona Home Economics Association meetings, and later, at the

Vocational Homemaking Teachers Conference at Prescott. She had breakfast with Mrs. Sculley, at which time plans for further cooperation between the Home Demonstration Agent and the homemaking teachers were discussed.

Arizona State Department of Health:

T. B. Testing Program: Early in the year the Agent started correspondence with the State Health Department about the possibility of the Chest X-Ray equipment coming to Navajo and Apache Counties. In Phoenix in March, she visited at the office of Dr. Arnold B. Kurlander, of the U. S. Public Health Service, and with Miss Bertha Parkhurst, Director of Health Education activities of the Arizona Anti-Tuberculosis Association. Throughout the spring and summer, she continued promotion of the program with the various leaders and groups in her County. The leaflet "Tuberculosis in Arizona", prepared by the State Extension Office, was particularly helpful as an interest arousing tool. The Agent prepared newspaper publicity on tuberculosis that was carried by the Holbrook Tribune-News and the Winslow Mail.

At a Stake meeting of Relief Society Presidents and Councillors of the Mormon church, where 14 different communities were represented, the Agent urged these leaders to be sure their communities were organized to transport families to the Holbrook October clinics. She arranged for Miss Parkhurst to take meetings in Winslow, Holbrook and Snowflake. She cooperated in distributing posters, literature and circular letters. She laid plans for follow-up work with Mrs. Rosa Ernsberger, of the Phoenix office, and presented these to the School Nurse and to the Red Cross Home Nursing Chairman. The increased interest in health brought about by this program has made a good setting for further promotion in getting a public health nurse for the County.

Arizona Cancer Society:

The Agent accepted the Captaincy of the Navajo County Chapter of the Arizona Cancer Society, and organized an educational campaign, as well as the drive for funds. She led discussion groups in cancer in Winslow and Holbrook, and arranged for films to be shown in Heber, Showlow, Snowflake, Joseph City and Holbrook; turned publicity to the Holbrook and Winslow paper, and distributed literature to local groups and to school teachers. She turned in \$704.55 to the Phoenix office.

A last appeal on this drive printed in the Holbrook Tribune-News appears on the following page:

HOLBROOK TRIBUNE-NEWS

Friday, May 3, 1946

"Everyone Should Get Into Cancer Fight, And Now"

County Captain Reports Drive Is Lagging And We Must Not Fail

Holbrook citizens have contributed \$360.55 to the cancer fight, up to Wednesday morning, according to Mrs. M. M. Johnson, canvassing chairman. Saturday's Tag Day, conducted by the Rainbow Girls, netted \$60. of this amount.

Numerous organizations and citizens have pledged to turn in late donations, said Ruth Cook, County Captain, Holbrook. Any

persons who have accidentally not been contacted are urged to send their contributions to Miss Cook, Mrs. Johnson, or Charles Dudding, all of Holbrook.

"Rural communities have been slow in responding to this campaign," said Miss Cook. "It may be because of our late start which was unavoidable because another national drive was being conducted.

"Perhaps it has been our fault in not getting enough local publicity in the small towns. But we believe the contacts that have been made will show all rural citizens the importance of the campaign.

"Cancer can, and does, strike everywhere. One never knows who the next victim will be. The county, and Holbrook, are far short of the quota set, and it is hoped that a concentrated last-minute drive will be held to give all citizens a chance to get into this fight."

Books will be kept open until May 15 to take care of late contributions.

County Nutrition Committee, P.-T.A. and American Red Cross:

Planning and participation with these organizations is described later in the Nutrition and Health Section.

HOUSE AND FURNISHINGS:

Storage Space:

Two more Kitchen "Conferences" were held this year in Whiteriver and in Holbrook. The Whiteriver conference was with the American Home Section of the Woman's Club there. The Hol-

brook conference was at a home where plans were laid for getting a new electric stove and for moving a refrigerator inside. Drawings were made for a shelf by the sink and for improved storage below. The Agent has enjoyed seeing the satisfactions involved in the making of these changes.

Further requests for such assistance have come from Woodruff, Joseph City, Snowflake, Taylor and Showlow women. Individual help has been given to many. It is hoped more meetings can be held in these towns in the future.

Follow-up contacts of earlier kitchen conferences show completely rebuilt cupboards in a Lakeside kitchen. Mrs. Alice Gardner, of Linden, has made several changes in her household storage since attending the Agent's Pinedale kitchen conference. One of the devices she made is the boot rack pictured below. She claims this rack keeps her back entrance orderly by providing each member of the family with "their own place" for boots. It represents the result of a woman's own good thinking. In all of the work simplification emphasis in the projects this year, effort has been made to encourage homemakers to think out their own solutions to their work problems.



A boot rack keeps order at the back door. The application of "work simplification principles" by a Linden woman to one of her problems.

Other Remodelling and House Planning Work:

Requests have been coming in increasing numbers for help with house planning and remodeling. Additional remodeling can be expected in the County as more families get water under the Farm Security program. There is a real opportunity for Extension to give lasting help to improve rural housing standards.

In Navajo County there is an opportunity, too, for work with "trailer camp and wartime housing" groups of people in Winslow. There are many hundreds living in crowded quarters, where space planning becomes increasingly important.

The October Extension Conference on housing should furnish direction for cooperative planning between County and Home Demonstration Agents on this project work.

Storage Result Demonstrations:

Two household storage demonstrations were started in Pinedale and Clay Springs. Mr. and Mrs. LaVerne Merkley, of Pinedale, worked out their plans jointly with the Agent for a new clothes closet. Mr. Merkley did the carpentry. A picture of the partially completed cupboard is below:



Partially completed clothes closet built as part of a result demonstration.

Merkley's also planned to do kitchen storage and bathroom storage, but due to the difficulty of getting materials and to Mr. Merkley's lack of time, no further work has been done. It may be possible to continue with this result demonstration in the spring.

The second result demonstration with Mrs. Alice Perkins, of Clay Springs, never got beyond the planning stage, due to lack of building materials. Early in October Mrs. Perkins reported having window frames, so there is a possibility of their remodelling going ahead. A bedroom was to be enlarged. Built-in storage for two boys and for linen was to be made.

House Furnishings:

Individual requests have come on slip covers, window curtaining, furniture repair; and plans are laid to carry some furniture refinishing and repair work meetings next spring, and to work toward doing slip cover work in communities where there is sufficient demand.

4-H Girls' Own Room Work:

Joanne Allen, of Showlow, did the best work in the County this year on her room. She painted the room, made curtains, slip-covered the head of her bed and made a rayon quilted spread. She made an attractive "orange crate" dresser with a glass top cut to shape. One of her best accomplishments was a slip-covered "car-seat chair" to match her bedspread.

Mildred McLaws did a good job on a much less "grand scale". She helped remove an old cupboard and chimney from her room, put in some wall board, helped paint, make curtains, a quilt and wardrobe curtains. The Agent influenced her to get a secondhand dresser for \$2.00 instead of cashing in war bonds to buy new furniture.

A Snowflake girl has planned her room in a new house now being completed. She chose the color scheme, planned built-in storage, is painting the walls, making closet curtains. She plans to complete her project next year.

There is a growing interest in this work, and a need for more kit material to loan leaders and girls for use on special problems.

NUTRITION AND HEALTH:

Food Selection and Preparation:

Diabetic Diet Assistance: A Shumway and a Lakeside homemaker were given advice on diabetic diets. The Agent gave

some sheets on food values and a bulletin on diabetes to the Shumway family to help in controlling the father's diabetic condition. These rural people have little opportunity to receive such help, as the limited medical service in this area provides little individual teaching.

Breadmaking: As a follow-up of Jeannette Hendricks' work in the County last year, fourteen leaders in eleven communities were sent supplies of Christmas Bread Recipes. Early in the summer Mrs. Lydia Petersen, Stake Relief Society President of the Mormon church, asked the Agent to give her leaders help with their summer breadmaking project. Kits of materials were sent to 15 leaders. The Agent was disappointed in both the low quality and quantity of breads exhibited at the County Fair.

Table Setting: The Relief Society groups also carried table setting as a summer project. The Agent let leaders know she had material to loan them and suggested that 4-H meal planning clubs give demonstrations to the adult groups. She has not had any report on this project work.

General Food Selection and Preparation, and Nutrition Problems:

Many individual requests were met on such problems as child nutrition, food values, pressure saucepan operation, and the like. The scarcity of sugar and meat made some demand for recipes for sugar and meat substitutes. The Agent feels Program emphasis should be given to meat substitutes during the next few months. Newspaper publicity will be given, bulletins distributed, and possibly work meetings planned.

Food and nutrition articles have been printed in the weekly column about twice a month.

County Nutrition Committee:

This committee has continued to function largely through information being channelled to local community chairmen, and in turn, by them to their groups. A county meeting was held in April, but only eleven members attended.

An excellent program was given, including a scholarly talk by Dr. J. E. Kalb, Holbrook dentist; a demonstration and talk on the "Emergency Flour" by the local baker; talks by the Red Cross Nutritionist and the Nurse, and reports by committee members. The County Chairman selected at that time refused to act during the coming year, and the person second in line

has moved away. The Agent feels this committee still can serve a good purpose, but needs a new emphasis to put it on a "peace time" basis. To have it expanded into a "Health and Nutrition Committee", and to serve as a planning group for improving County health conditions, might give it a new vigor. The Agent hopes this may be accomplished as further County health plans progress. These plans are described later in this section.

Red Cross Nutritionist Visits County:

Miss Evelyn Gose, Red Cross Nutritionist, for Arizona and Nevada, visited the Agent in April. She attended the County Nutrition meetings in both Navajo and Apache Counties. The Agent got better acquainted with the Red Cross nutrition program through this contact.

4-H Meal Planning:

Twenty-four girls from five towns completed meal planning work in the County this year. The Agent had hoped for much stronger meal planning club work. It has improved over last year's, but there is need for locating more and better leaders, and for giving them more initial assistance. Teaching problems are greater in meal planning than in clothing, and so this work has made less progress. Plans for giving more individual assistance to leaders were made with the Agent's successor, upon the Nutritionist's advice.

School Lunch Program:

Three school lunch programs operated in the County in 1945-46 at Snowflake, Taylor and Lakeside. The only one open in the fall of 1946, as this report is written, was Snowflake. The Agent cooperated with all three programs, giving menu suggestions, assisting the operators with locating foods, and helping improve service and storage. The Agent discussed the kitchen layout at the Snowflake lunch room with the cooks and girls who served. She recommended a stack table on wheels to replace a low bench, and got the Principal to come to the kitchen to see why this was needed. This visit was an accomplishment, apparently, as the Principal has never seen the kitchen in the several years the lunch room had operated. As a result of this visit, the table was built by the janitor, and has given much satisfaction. Plans are now under way for a wood box that can be filled from outside and will open inside near the stove.

The Agent's successor will do what she can to encourage the other lunch rooms to re-open, and to promote new programs. This year there is need for special help in keeping food costs down at these lunch rooms.

Holbrook's P.-T.A. sponsored a milk program during the school year 1945-46. The Agent kept encouraging the President to keep the program going. There was little teacher or parent cooperation. The program was so hard to finance that it was not started up again in the fall of 1946. Much help is needed here in getting cooperation in planning and in carrying out such a program. An educational program is needed for both parents and teachers before such a program can succeed. Extension could do much in interpreting such needs to community groups.

FOOD PRESERVATION AND STORAGE:

Pressure Cooker Testing Program:

Ten clinics were held this year in contrast to thirteen held in 1945, and some testing was done in the Holbrook office.

One hundred thirty-seven (137) cookers belonging to 130 homemakers from 11 communities were tested. Forty-two (42) of the cooker gauges had not been previously tested. Of the 137 cooker gauges tested, 45 or 32%, were correct or just a $\frac{1}{2}$ pound out; 7, or 5%, needed replacement; 71, or 52%, read at least 1 pound too low (positive correction); and 16, or 12%, read at least 1 pound too high (negative correction). Some of those needing replacements are counted in the last group.

Last year, 197 cookers belonging to 176 homemakers from 19 communities were tested at 13 clinics. Considerably more time was given to the testing program last year.

Two local leaders assisted in each community clinic. These leaders were trained immediately before each clinic, and the Agent stayed awhile to assist and check the first tests. She then left to make home calls on 4-H leaders and members in the local community, or stayed for individual conferences with homemakers. However, she left Joseph City leaders entirely on their own, while she went to conduct a meeting in Winslow.

The Agent feels this attempt to shift the testing responsibility into leaders' hands was successful enough to warrant repeating it another year.

At the Taylor clinic the Agent stayed to assist with double checks of the safety valve test by popping them off on the stove. These checks against the equipment showed the tests to be reliable. There had been some questions raised by the Taylor women about last year's tests, so the Agent requested the women to bring their complete cookers to double check all tests.

General Food Preservation Problems:

The Winslow Club held a canning meeting with two project leaders in charge, who showed the group how to can beans.

Several women were instructed in the use of the pressure cooker in the office, in homes and at the clinics. The newer directions of 10 pound pressure for canning were re-emphasized this year.

The Agent assisted a Snowflake homemaker in selecting a new pressure cooker. The advantages and disadvantages of two models were pointed out.

Several women reported considerable spoilage of last year's canned goods. Some were finding trouble with some of this year's self-seal lids. Apparently, "wartime" stock is just reaching the local stores in some instances, and is of poor quality. The Nutritionist plans state-wide recommendations to help women identify these "bad lots" by pre-testing sample lids before canning.

Individual directions were given on making and canning hominy, on making corned beef for canning, on canning grape juice, pineapple, hot water bath methods, making ketchup, brining beans, putting down eggs, making cheese, and many general directions for fruits, vegetables and meats.

County Food Preservation statistics will be collected by the Agent's successor in November.

School Lunch Canning:

Effort was made to get Snowflake women to can surplus Shumway apples for the school lunch program. The Phoenix OPA will grant extra sugar for this purpose. The Itinerant Agent will continue to encourage this program.

4-H Canning:

Only a few girls signed up for canning, and only two of these had completed their project report when this report was written. Elda Bowler, of Woodruff, was County Canning Contest winner and canned 860 jars of all kinds of produce. Elda is an older girl and is only carrying this Mother-Daughter project. Rayne Gay Pace, of Woodruff, did about 80 jars, all of high quality work canned goods, and kept excellent records. The Agent believes more canning projects will be carried when club work gets on an all-year basis. Having summer club achievements in August is too soon to have canned goods judged then. Canning projects can hardly be completed here until mid-October.

COUNTY HEALTH WORK:

Home Care of the Sick:

The Agent promoted classes for a 6 lesson course on "Home Care of the Sick" in 10 rural communities. She had urged community leaders to write to their County home nursing chairman, indicating their desire for such a course. The Agent spent much time with this Chairman working out the schedule for the 60 classes involved, and transportation to the more isolated communities. Enrollment was 102, and 77 were presented certificates for perfect attendance. Enthusiasm was high over this work. In several communities twice or three times the number of women would have taken this course had there been accommodations. Particularly since there is no active County Health program or nurse, such courses should be encouraged. This County received \$1800 to add to its own Red Cross fund last year. Since no active Red Cross program is carried except assistance to Veterans, the smaller communities had received no local benefit until \$300 was spent this year for the Nurse's salary.

Other Suggested Uses of Red Cross Funds:

The Agent proposed to the County Red Cross Chairman, Mr. Dodd Greer, that this year part of the Red Cross funds be used to supplement the T. B. Seal money for helping the follow-up work of the Chest X-Ray clinic. It is not known yet whether this will be achieved or not.

County Health Plans:

The Agent has become more and more concerned over the lack of health facilities in this County. She has tried to collect information from many sources as to the present "County Health Department" and the possibilities of expanding its program. Eighteen thousand three hundred seventy-five dollars (\$18,375.00) is allotted in the County budget for the so-called "Health Department". Of this, \$6,420.00 is paid to three "County doctors". The main services rendered are to indigents, which means a high price to pay for a few cases.

Many inquiries have come to the Agent on how to get a County Public Health Nurse. The Agent has discussed the matter with the State Health Department officials and with the Chairman of the County Board of Supervisors, Mr. Ben Hunt. Mr. Hunt stated that the Board was willing to put a \$600 item back into the budget for travelling expenses of such a nurse. This, of course, does not solve the problem, but indicates a recognition by the Board that a Nurse is desirable.

The Agent met with over 50 Relief Society Presidents and Councillors at a Stake meeting in September to present these problems. She urged the women to unite in action to get a public health nurse. Some specific suggestions she gave were to get letters into the paper and to the members of the Board of Supervisors. She told them part of the difficulty was in locating a properly qualified nurse, and that they might even help there. She suggested they raise questions about the use of County funds. Without further taxation, the County could get better health service if some money were re-channelled to a nurse who had time to give such service. The Agent believes that a nurse can be obtained if enough people want one badly enough, and are given sufficient encouragement and direction to make their "wants" known.

Should a County planning council be formed, this could be one of the main "long-time" objectives. A "revived" or expanded nutrition committee, which took in other health problems, could work in this direction. At any rate, there is definite need for coordinating health planning that is now going on in scattered separate channels, such as the T. B. Testing program, the Farm Security Dental program, the Red Cross program, the school nurse's services, and so on. The Agent undertook to get together a group of County "professional" people to plan the T. B. Testing program, but was unable to do so. Planning went on in several separate individual discussions. It may be that an Extension council can rouse the people to action, and cause the County "professional" group to recognize their need to "get together." There is definite need for "education" of the powers-that-be. When one of them states "There is no T.B. in this County", and another says "It's only the Indians that make our county health figures bad", it is evident we need more accurate data as a "selling point" for the need to improve county health facilities and services. The County Extension office has collected as many statistics as possible. Plans for next year include additional "fact-finding."

CLOTHING AND TEXTILES:

Simplified Shirt Ironing:

Eleven meetings were held in Navajo County communities with 104 attending. Additional requests for Elaine Knowles' bulletin "A Simple Way to Iron a Shirt" keep coming to the Agent.

A Snowflake woman's husband made a wide board following their meeting, and she has enjoyed using it ever since. This project work has had a great appeal to the women. Through it the Agent attempted to stress the relation of posture to fatigue, as well as the time and energy saving through studying a specific job and eliminating waste of motion.

Miscellaneous Clothing and Textiles Requests:

Individual requests have been met on stain removal, mattress repair, make-over ideas, bleaching methods, dress and apron patterns and pattern ideas.

4-H Clothing Work:

Eleven Clothing clubs had 105 girls enrolled and 65 completing project work this year. Clothing is our strongest project work. Good leaders this year started up 4-H work again in Pinedale and Lakeside. Two former Chicago trip winners led these two clubs, and the quality of work done by their girls showed up their good leadership. Joseph City continues to have the best enrollment and completion record for their club, and has the most girls in their upper years of club work. Three of these girls,--Zeldine Hansen, Maurine Hansen and Frances Bushman--were top girls in their class of dress in the County Dress Revue. Joanne Allen, of Showlow, was the fourth girl chosen to represent the County at State Roundup. Snowflake's record was disappointing. Thirty-four girls enrolled, and only four finished. The leadership was not steady. There is need to avoid such a big enrollment by girls who do not seriously consider completing their work. Another year efforts will be made to just keep enrollment confined to those who understand clearly what is involved in club work, and who are willing to come through with the requirements.

Progress was made this year with holding more judging and demonstrations in local clubs.

A leader training meeting was held with the Clothing Specialist in charge. Only five clothing leaders attended. Plans were to have this be both meal planning and clothing training, but due to the attendance, all time was given to clothing. This type of meeting should be continued, and still greater effort be made to get leaders out. The publicity on this is in the Appendix on pages 6 and 7.

Time Management:

The kitchen conferences and simplified shirt ironing meetings described earlier had as a common objective "work simplification", and therefore, saving time and energy for the women.

Consumer Buying:

Effort was made at every chance to help ^{women} check ceiling prices, and to make their money go as far as possible. No doubt such assistance will be even more important in the months to come, as inflationary tendencies increase.

FAMILY RELATIONSHIPS AND CHILD DEVELOPMENT:

Christmas Ideas:

As stated before, Christmas bread recipes were sent in

quantity to community leaders in the County. Newspaper publicity was given to the Christmas toy bulletin.

The Winslow club had a series of "Christmas Ideas" meetings, -one for general suggestions, and the others consisting of small interest groups for working on gifts. Plans are laid for continuing this emphasis in their October, November and December meetings.

Solving Family Problems:

One discussion group was held with the Holbrook Community Church Woman's Society. Lydia Ann Lynde's material was used.

4-H Achievement:

Project work carried in different subject matter has already been described. One hundred thirty-two (132) girls were enrolled in 16 clubs from 8 communities, with 83 girls completing their project work. Seven local achievement days were held.

Rural 4-H Sunday was observed in all communities carrying 4-H work, as is shown in the following clipping:

HOLBROOK TRIBUNE-NEWS

Friday, May 31, 1946

4-H Achievement Awards Presented To County Clubs

Four-H Club work is now under way in eight Navajo county towns under the guidance of twenty-five local leaders, according to the county agent and home demonstration agent. Joseph City, Woodruff, Snowflake, Showlow, Lakeside, Clay Springs, Pinedale and Heber are towns carrying organized club work. Project work in clothing, meal planning, canning, Girl's Own Room, bees, chickens, meat animals, home beautification, gardens, rabbits, and colt breaking is being carried.

Special recognition was given 4-H club work in church services

on Sunday, May 26. Club members and leaders took part in special programs. County awards were given to last year's winners. A gold medal for clothing achievement was presented Zeldine Hansen, of Joseph City, and a silver medal for the Girls' Records Contest was given Katherine Malone, of Clay Springs. County Dress Revue pins for blue ribbon work were presented to Donna Dargie, Zeldine Hansen, Maurine Hansen of Joseph City; Nova May Plumb, of Clay Springs; Betty Brewer, Patsy Taylor, Doreen Crandell and Louise Peterson, of Heber; Arlene Brinkerhoff, of Woodruff; and Rayna Gay Pace, of Snowflake.

Boys and girls who still want to get into this year's club work are asked to enroll within the next week by writing to their County Agent, or Home Demonstration Agent, at Holbrook.

A Girls County Roundup was held in Snowflake with 66 members attending and 20 leaders and visitors. Jean M. Stewart, State Leader of Home Demonstration Work, assisted. All girls took part in a judging contest. A Senior and Junior Dress Revue was held. A special 4-H morning program took place at the Fair. The newspaper has been generous in its publicity on 4-H. The preliminary Round-Up publicity follows:

HOLBROOK TRIBUNE-NEWS
FRIDAY, AUGUST 23, 1946

**4-H Club Roundup
Prepares Entries
For Fair Exhibits**

Members of 4-H Clubs from eight Navajo County communities will gather in Snowflake Friday, August 23, for an all-day roundup, and picking county winners in the various projects carried out during the spring and summer. Mothers and friends of the girls are invited to attend the roundup which commences at 9:30 a. m., and ends in the evening.

These girls completed their home economics projects and received their awards of ribbons and pins last week, according to Miss Ruth Cook, home demonstration agent, who added there was a great deal of blue ribbon work done in every group this year.

It is expected competition for county winners will be keen Friday, when Jean M. Stewart, state leader of home demonstration work from Tucson, will supervise judging and demonstrations at the roundup Friday. She is guest of honor at the gathering.

Club girls from Joseph City, Woodruff, Snowflake, Showlow, Lakeside, Pinedale, Clay Springs, and Heber will participate in the activities in Snowflake, which include Meal Planning, Canning, Clothing and Room Improvement, together with some agricultural projects.

Program for the day includes judging contests and demonstrations during the forenoon, at the end of which county winners will be selected in the afternoon. Games, singing, picnic lunch and swimming will be the recreation highlights of the day.

Plans have been made for a large turnout, according to Miss Cook.

PUBLICITY:

County Weekly Papers: Winslow Mail, Holbrook Tribune News:

In January of this year the Agent talked with Mr. William Evans, the new editor of the Winslow Mail, about the possibility of the weekly column being printed more regularly. Mr. Evans said some Winslow women had asked him why the column had stopped. As a result, the column started up again after several months omission.

Both the Tribune-News and the Winslow Mail have been generous with publicity. A total of 72 news stories and columns

were printed by the two papers in the 10½ months reported here.

Some of the Holbrook Tribune-News publicity has already appeared in this report on pages 8, 12, 23 and 24. A sample of the regular weekly columns appears below:

HOLBROOK TRIBUNE-NEWS
Friday, February 15, 1946

**Home Demonstration
Agent's Column**

**REMOVING COLOR FROM
FEED SACKS**

Try one of these methods to remove the color: 1. Soak the sacks in cold water 24 to 36 hours. Rub bags with strong soap and boil in water to which has been added a little kerosene; then wash in clean soapy water. If all the color is not removed, boil in kerosene water a second time. Do not let the bags dry out until all print has been removed. 2. Soak sacks in kerosene 24 to 36 hours. Boil in strong soap suds to which a bleaching agent has been added. 3. Sacks that have black or blue lettering are the most difficult to bleach. Rub the lettering with lard and soak in cold water for 24 to 36 hours. Boil in soap suds and a bleaching agent. To bleach burlap bags, soak in kerosene and water 24 to 36 hours. Rinse and boil in strong soap suds to which a bleaching agent has been added.

**LEAVE FOOD IN
THE CAN**

Food is just as safe in the can after it is opened, if the contents are kept cold and covered, as it is in another container. As a matter of fact, the inside of the can is most likely more sterile than most containers found in the home. A few acid foods may dissolve a little iron from the can, but this is not dangerous to health. Practically all cans today have an inside protective coating.

STOOP SAVING
Stooping is the cause of much weekday fatigue, yet most of it is unnecessary. A study made in more than 400 farm homes showed that in doing the family laundry homemakers often stoop to sort clothes on the floor and again to pick them up from the floor. They also stoop over low tubs, washing machines and clothes baskets. Although homemakers told investigators that, next to carrying loads of water and clothes, they found stooping the most tiring part of the job, few had thought of making simple arrangements that would elevate equipment and save them from stooping. All the work of sorting, removing stains and starching can be done at a large high table or counter that allows the worker to stand erect without strain. If there is no table that can be used for this purpose, one can easily be improvised by placing boards across trestles or sawhorses, or by building a wide shelf or counter. Washing or rinsing can be done with little stooping if washing machines, tubs and baskets are raised to a comfortable height, and if the worker uses a sturdy stick to lift clothes out of suds or hot rinse water instead of bending over and lifting them out by hand. Stooping when hanging clothes on the line is not necessary if the clothes basket is placed at waist level on a wheeled cart or coaster wagon.

In addition, the publisher of these two papers was generous in printing an editorial -"Navajo County's Future"- in which he solicited financial support for sending 4-H members to State Round-Up. The editor visited the Girls all-day round-up, gave it good publicity, and furnished silver dollar prizes for county winners.

Both papers carried publicity for Home Demonstration Week. The two items as they appeared in the Winslow Mail follow:

Winslow Mail
Winslow, Arizona
Friday, May 10, 1946

Home Demonstration Agent

Today's Home Builds Tomorrow's World; National Home Demonstration Week, May 5-12.

Looking Ahead in Home Demonstration Work.

Today's home is indeed a place to begin to make over the world. In the U.S.A. more than a million rural women are taking stock of their resources, and are laying plans for their attack on problems facing the home.

In this country this year, among the problems at the top of the list are those concerned with health and housing. Also, work will be continued on victory gardens, canning, clothing and meal preparation. This spring, leaders from all our rural communities will help the Agent select the specific problems to work on in the months ahead. Most of the work will be carried on through Relief Societies and other interest groups and in 4-H Club work.

Our activities on health and housing work will include some health surveys, promotion of immunization and T. B. testing programs, collecting water samples for bacteriological, flourine and total salts analyses, dental nutrition teaching, school lunch promotion, time and energy saving in housework, and planned household storage. Through such a program, Navajo and Apache County homemakers should have greater enjoyment and satisfaction in living, be better citizens, and increase their cooperation in community activities.

Pressure Cooker Turn-Ins

National Pressure Cooker Company offers a trade-in allowance on your Victory canners. You can acquire an aluminum pre-war quality No. 7 Pressure Cooker, at one-half price, simply by returning the complete cover to your Victory Canner to the Company, at Eau Claire, Wisconsin, shipping costs prepaid, and enclosing with your letter to the Service Department your check or money order in the amount of \$9.35, plus the amount required to cover the cost of forwarding the new cooker.

The Winslow paper carried regular news items on the Homemakers Club programs. The Holbrook paper printed a news release on 4-H National week. Both papers were generous with publicity on County Nutrition, on Cancer, T. B., Red Cross, home nursing, 4-H activities and the County Fair.

In January, the "Arizona Farmer" carried the story "Baking in Hopiland" which Maud Longwell worked out from material supplied by Jeannette Hendricks and this Agent. The same issue also carried "These Small Fry are Vital to the Family Enterprise", a 4-H story about the Lloyd Westover family of Joseph City.

These stories are attached as they appeared in the publication mentioned.

Baking in Hopiland



More than one way to bake a loaf of bread. The adobe oven method is demonstrated by Indian children near Isleta, N. M. (Photo by Cecil Hellbusch).

ONE of the stories which Arizona Farmer's Leaveout Editor persistently left out in 1945, was the tale of how the Indian Service entertained the Extension Service and Private Business on the Hopi Reservation, way back in the fall.

Jeannette Hendricks, western home economist for the Wheat Flour Institute, visited Arizona to present a series of baking demonstrations, under auspices of the Arizona Nutrition Council. The demonstrations, in which Mrs. Hendricks was aided by members of the Council's co-ordinating committee, were held in various parts of the state, including Cochise, Maricopa and Pima Counties. But Mrs. Hendricks contended that the high point of her tour was her visit with Ruth Cook, Navajo-Apache home demonstration agent, to Oraibi and Keams Canyon, as guests of Mrs. Lela Rosenberg, principal and home economics teacher at Oraibi, on the Third Mesa. There she swapped homemaking and baking lore with Hopi homemakers. "They taught me more than I taught them," Jeannette confessed.

Expert Bakers

Hopi homemakers have long baked yeast bread. New ideas gained from Jeannette's demonstration, were the addition of eggs and milk for better nutrition, and the use of enriched flour to strengthen their staff of life. A baking demonstration was held at the Oraibi school, where 172 little Hopi eat regularly under supervision of Effie, the school cook, and where many of them live in a dormitory looked after by Mrs. Hummingbird, matron.

Guests at the demonstration included high school students, the school cook, and numerous homemakers. Homemakers were mainly interested in new recipes for fancy rolls and breads, which they've baked for ceremonials and holidays from time immemorial. Most Hopi housekeepers cook with canned gas, or with coal mined on the reservation; but for Mrs. Hendricks and Miss Cook they demonstrated the use of their traditional adobe ovens, similar to the one pictured. They also took the visitors on a tour of their

storehouses, filled to overflowing with melons, dried or drying corn, jerkey, grapes, apples and peaches; and to Piki House.

One end of Piki House is filled with dried corn; at the other end are the fires and stones for cooking piki.

Hopi Staff of Life

Piki, in case you haven't been told, is Hopi bread, made of layer upon paper-thin layer of cooked ground blue corn. Piki made from fresh corn tastes like—well, like fresh corn. Made of dried corn, it has the flavor of corn-flakes, in fact makes a very nice cereal dish.

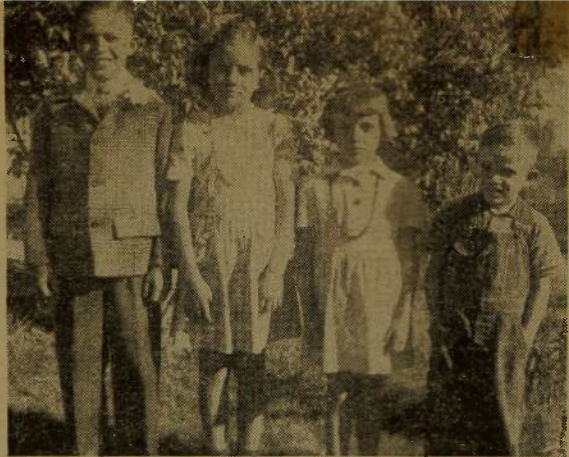
The blue corn is ground in a special grinder, then spread in a very thin layer on a flat stone over the fire. When the first layer is cooked, the Hopi woman lifts it expertly and spreads a second layer, laying the cooked layer over it. As each layer cooks, a fresh layer is placed beneath it on the stone. Finally the layers are

all rolled together in a long, slender, bluish, parchment-like roll. For many generations piki was the Hopi's staff of life, delicious to eat at home, handy to pack for a journey. He still prefers it to newfangled wheat bread!

Hopi Homemakers, though, hanker for new recipes for sweet bread and rolls. And maybe you do, too. You'll find some, elsewhere on these pages.

ARIZONA FARMER
JANUARY 12, 1946

If the Westover youngsters can't take 4-H work together, they'll take turns. Left to right, Lauroyd, Carol, Sherla and Ray.



These Small Fry Are Vital to the Family Enterprise

THE Lloyd Westovers, Apache County farmers, are a busy family. So busy that at times it has seemed impossible to spare Lauroyd, or Carol, or Sherla, the three oldest kids, so they could take 4-H work.

The Westovers, on their vegetable farm near Joseph City, need the help of every one of their six healthy, happy children, for planting, weeding, gathering and bundling the crops—carrots, tomatoes, peppers — and Lauroyd, the older boy, 14, helps with irrigation as well. When it happens occasionally that Mother and Dad have to be away, the farm and

home work go right on regardless, for each of the children has been trained to accept responsibility.

Lauroyd managed to squeeze in some 4-H projects before he graduated last year from the eighth grade. Carol was a Booster in 4-H at nine, a full-fledged 4-H Clubber at 10 and 11.

Last summer Sherla was 10, and ready for 4-H work, but by this time, Dad Westover was beginning to shake his head and declare that "it just couldn't be done." Sherla and Carol and their younger brother Ray, were all taking music lessons, and the parents agreed they should keep up lessons and practice through the summer. It wouldn't be possible, said Mr. Westover, for both girls to take parts of two days off for Club work and music.

The family talked it over with Ruth Cook, home demonstration

agent in Apache and Navajo Counties. Miss Cook pointed out that it might be arranged for music and Club to fall on the same day, so the girls would lose only one day from farm work. But Dad, who knew from experience how necessary were the hours the girls put in on the farm, declared that he just did not see how he could spare both of them at once.

So Carol said, "I've had some 4-H work already. I'll stay home and help with the work, so Sherla can join 4-H."

So it was settled. Dad Westover has his sorely needed help; Sherla is getting her 4-H experience; Carol has the joy and satisfaction that comes of giving up something greatly desired, for the sake of another; and the whole family is seeking a solution to the help problem, so Carol may continue in 4-H next year.

"There's a home," declares Miss Cook, "in which the real spirit of family co-operation prevails."

Plans for Future Publicity:

The Agent believes a 4-H news column should be started in which club activities would be described, and special recognition given to leaders and members. She thinks "human interest" stories of leaders in both adult and 4-H work should be turned in more often to the weekly papers, and to the "Arizona Farmer."

The weekly column might occasionally be run as a question and answer column. Local leaders could give some direction as to the type of material to be printed.

Ruth H. Cook
Home Demonstration Agent
Navajo County, 1946

A P P E N D I X

TABLE I.

COMPARISON OF PART OF YEAR'S PLAN OF WORK WITH ACCOMPLISHMENTS

<u>Plan</u>		<u>Accomplishments</u>
<u>I HOUSE AND FURNISHINGS:</u>		
1. 8 kitchen conferences		1. 2 kitchen conferences
2. Changed kitchen storage in 24 homes.		2. 20 improved kitchens
3. Improved storage in Home Economics class kitchen and school lunch kitchens		3. One school kitchen conference . Snowflake school lunch kitchen improvements and more planned.
4. 10 clothing storage meetings and home made conveniences.		4. Not held, to give more time for 4-H work. Progress made on 1 clothing storage result demonstration.
5. 4-H Girl's Own Room project carried by someone in each club.		5. Sign-ups in 6 communities, but carried in only 4 out of 8 with club work.
<u>II NUTRITION AND HEALTH:</u>		
1. 200 homemakers assisted with food preservation problems.		1. 150 assisted.
2. 200 cookers tested		2. 137 tested
3. 30 persons given latest freezing information		3. Not carried, as no lockers opened.
4. Assist the 3 lunch programs, get new ones started, and 6 more communities interested.		4. Assisted them; no more started but promotion in 6 towns.
5. 4 more clubs carrying meal planning.		5. Did not succeed; only 4 towns had clubs.
6. Water analyses in all schools and communities.		6. Collected water from Showlow and Snowflake. Plans laid with leaders to get other samples.
7. Promote more "fact-finding"		7. Plans for getting 4-H members and school children's weights arrangements for "fact" collecting by Home Ec teacher.
<u>III FAMILY ECONOMICS:</u>		
1. Assist women with buying problems and in fighting inflation.		1. 25 women assisted
<u>IV CLOTHING AND TEXTILES:</u>		
1. 100 women improving ironing methods.		1. 120 women assisted
2. 15 4-H leaders and 50 other women given clothing construction assistance.		2. 5 leaders attend l.t.m. 5 other leaders helped individually; other women assisted. 90 4-H girls in clothing clubs.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook
August 6, 1946

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Work
County Agent Work
Home Demonstration Work

ANNOUNCING

(14th Annual)

NAVAJO COUNTY FAIR

Holbrook, October 4, 5 and 6.

Dear Homemaker:

The County Fair is to be back again after five years!! Big plans are under way now to make this year's Fair bigger and better than ever. So you can "BE PREPARED" I am enclosing a premium list of exhibits the Women's Department offers. Notice that the food exhibits are confined to bread and canned foods, so there will be no food waste in a period of world famine.

If you are a 4-H mother, we remind you that your boys and girls will have opportunity to exhibit any work done in their projects. Encourage them to enter their work, and have them see their leaders for the 4-H premium lists.

As well as entering that perfect loaf of bread, enter your best jars of canned goods and that made-over suit.

Be sure to set aside some items to help your community make a good showing in its exhibit. Watch for the complete premium list to be printed in August, or possibly September.

Sincerely yours,

Ruth H. Cook

Ruth H. Cook
Home Demonstration Agent

PREMIUM LIST OF THE WOMEN'S DEPARTMENT- NAVAJO COUNTY FAIR-1946

(Exhibitors must be residents of Navajo County; articles in competition must be made by exhibitors)

Lot numbers and prizes may be obtained when the premium list and rule book is off the press in early September.

The following items may be entered:

CLOTHING

Made from new material: Cotton dress; silk or rayon dress, any type; coat or suit; infant's dress and underskirt; infant's hood or cap; infant's rompers; child's coat or boy's suit (under 10 years); child's cotton dress (3 to 10 years).

Made from feed sacks: Adult garment; child's garment (3 to 10 years); miscellaneous household furnishings (such articles as curtains, luncheon cloths).

Remodeled or Made-Over Clothing: (Indicate what the garment was before it was made over): Coat or suit (adult); dress or slacks (adult); infant's or child's garments.

HOUSEHOLD FURNISHINGS

Comforter; piece quilt; appliqued quilt; hooked rug; braided rug; crocheted rug; woven rug; afghan.

KNITTING

Child's outfit or blouse; knitted dress.

CROCHET

Crocheted bedspread; dress; tablecover; child's outfit or blouse.

NEEDLEWORK

Embroidered or cross stitch work; embroidered luncheon set or tablecloth and napkins; woven mat or cushion cover; specimen cut work; centerpiece (any type).

FOODS

(Due to the world famine situation, no foods that will result in waste are to be exhibited. BREAD: (Use only emergency flour): Best loaf white bread, yeast; 5 yeast rolls; variation yeast rolls.

CANNED FOODS

(Exhibits to be in standard pint or quart glass jars and labelled with name and address of exhibitor. Canned foods (except jellies) will be judged without opening jars unless controversy over placing. Fancy pack not considered in judging). The following to be entered: Peaches; tomatoes; string beans; mincemeat; apples; pears; plums; apple butter; corn; beets; peas; roast beef; chicken; Jellies: plum; grape, currant and apple; watermelon preserves; cucumber sweet pickles; cucumber sour pickles; mustard pickles; mixed pickles; peach pickles; cherries; currants; berries; mixed fruits; asparagus; 4 jars consisting of fruit, vegetable, meat, and one other.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook
August 6, 1946

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Work
County Agent Work
Home Demonstration Work



Dear 4-H Leaders and Girls:

Get set now for a good finish to your club work. Your community club Achievement Day will be held during the week of August 12 to 17. You'll find out the exact date at your next club meeting. Let's have a lot of blue ribbon work this year. Your record books **MUST** be in to your leader complete the day before Achievement Day. Have your exhibits there, clearly labelled, 2 hours ahead of the program time.

Every Navajo County club girl will want to display her work at the County Fair, October 4, 5 and 6. Lots of big prizes are offered. The club with the best group exhibit wins \$15.00, and the member with the best set of 4-H records wins \$10.00.

There are also lots of prizes for your 4-H Home Economics entries. Keep the enclosed list to remind you to get in there with your best work. Let's have a real 4-H show at our County Fair.

Yours for a good finish,

Ruth H. Cook
Home Demonstration Agent

1946 - PREMIUM LIST -- NAVAJO COUNTY FAIR - 1946

CLASS XII - 4-H CLUBS - HOME ECONOMICS

Section 1 Clothing Clubs

First Year Clothing

Fringed article; tea towel; dress of simple style; apron; full first year exhibit.

Second Year Clothing

Shoe pocket; Laundry bag or garment bag; slip; school dress; full second year exhibit.

Third Year Clothing

Slip; child's sun or play suit; dress in summer cotton or rayon material; full third year exhibit.

Clothing, Fourth Year and Above

Tailored costume; suit, dress, or skirt and blouse from heavy cotton, wool, wool combination or spun rayon; slip; child's outfit: 1 undergarment and dress or suit; wash dress or suit for school or sport from spun rayon or cotton; wool or part wool dress, suit or ensemble for school, sport or street wear; best dress or ensemble including dress of rayon, silk, cotton, or other suitable fabric; party dress; made-over garment (indicate what garment was before); girl's planned wardrobe, using charts and/or posters to show garments planned, approximate costs, materials and color combinations.

Section 2 Food Preparation and Food Preservation Clubs.

First Year Meal Planning

Individual tray (complete breakfast for one, shown by food models); breakfast menu shown by plate 19" x 24"; breakfast service for one, shown by exhibit.

Second Year Meal Planning

School lunch box shown by food models; foods that club members should eat daily; luncheon or supper menu, shown by poster 19" x 24".

Third Year Meal Planning

Individual tray (complete dinner for one, shown by food models); ways to conserve food, shown by poster 12" x 24"; dinner service for one, shown by exhibit.

Preserving Food the 4-H Way --All Years

A jar of fruit, tomatoes, vegetables, fruit juice, tomato juice, meat, poultry, pickles, marmalade; complete exhibit of canned goods.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook
February 26, 1946

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Service
County Agent Work
Home Demonstration Work

DEAR 4-H LEADERS, PARENTS AND FRIENDS:

It's time to get ready for a big 4-H Club year. With the War over we should be able to turn more effort toward making stronger clubs throughout our County. We plan to get off to a big start by a 4-H TRAINING MEETING for leaders, parents and friends, to be held in the Snowflake Church Kitchen on Thursday, March 14, from 9:30 A.M. to 3:30 P. M.

Miss Lorene Dryden, State Clothing Specialist, will give you practical help on clothing construction techniques. We will have some practice in judging 4-H baked products and garments, and some guides for demonstrations. It's a real chance to "talk over" our club program.

We know that all you leaders, parents and friends are important to the success of our club work. We can only expand our program if "you are all with us!" Tell other folks about this meeting. Come for all day, if possible. Bring something for a potluck lunch.

See if you can't get several to come from your community. If you have no transportation, would there be a chance to ride on the school bus?

Would leaders please fill in the Questionnaire enclosed in their letter, to help us plan a really profitable meeting? Mail without fail by March 6. No postage needed.

Will we be seeing you?

Sincerely yours,

Ruth H. Cook

Ruth H. Cook
Home Demonstration Agent

LEADERS KINDLE THE 4-H FLAME -- PARENTS HELP KEEP IT BURNING.

4-H LEADER TRAINING DATA
NAVAJO COUNTY 1946

LEADER _____ ADDRESS _____

DIRECTIONS: Check (✓) your answers in the left column or fill in blanks. Circle the ones you feel most important. Mail in the enclosed envelope by March 6. Your answers will be used in planning our Snowflake 4-H Training Meeting on March 14.

I would like help on the following:

- _____ Judging 4-H articles (e.g. baked goods, garments, etc)
- _____ Demonstrations: Giving these, and helping girls prepare and present them.
- _____ Exhibits; and other teaching methods.
- _____ Recreation: Ideas for games, parties, and picnics.

List below what help you need in:

Meal Planning:

Clothing:

I plan to attend the meeting at the Snowflake Church Kitchen on March 14, 1946, from 9:30 A.M. to 3:30 P.M.

Yes _____ No _____

Others going from my community are: _____

ANNUAL NARRATIVE REPORT

OF

NAVAJO COUNTY, ARIZONA.

October 1, 1946 - November 30, 1946

Alta Mortensen
Itinerant Home Demonstration Agent

Supplement to
Annual Narrative Report
by
Ruth H. Cook
Home Demonstration Agent

EXTENSION ORGANIZATION AND PLANNING:

During the two months the Agent has been on duty in Navajo County, she has spent a good share of the office and field time becoming acquainted with the people and their County. Reports of former Agents, introductions to community leaders by Miss Ruth Cook, and home visits in almost every community in Navajo County have all helped the Agent in making plans for the coming year.

Conferences with Mrs. Lydia Peterson, Stake Relief Society President, and Mr. David Butler, Stake President, have been held on two different occasions, and the Agent hopes these meetings will lead to the eventual organization of a county planning group. Since a very large majority of the population of all towns in Navajo County with the exception of Winslow, Holbrook and Pinetop, are members of the Latter Day Saints Church, much of the Extension program of the Home Demonstration Agent has been, and will continue to be, carried through the Relief Society groups. These groups and their leaders have been very cooperative, and have expressed a desire to continue to receive assistance from the Agent. She feels that by using their organizations as a beginning point, her work can be carried to the large majority of homes in this County.

The Agent has been assisted in making specific plans for the coming year by the former Home Demonstration Agent, the State Leader, Extension Specialists, and the County Agent. Tentatively planned are meetings on food preservation by freezing, winter meetings on home furnishings, and fall meetings on children's clothing. The one Homemakers Club in the County has expressed a desire to take part in all phases of this suggested program.

The Agent appreciates greatly the fine assistance and encouragement given her by the County Agent and the office Secretary. The experience and training of these two, along with their knowledge of Navajo County and the people here, have done much to make the Agent at home in the County, and have materially aided her in carrying out her duties as Home Demonstration Agent.

HOUSING AND FURNISHINGS:

In late October, the Agent attended a rural Housing Conference conducted by the Extension Service. Both State and Federal Extension Specialists and professional men well

qualified in their special fields related to housing were speakers at the Conference. The two days succeeded in giving the Agent a picture of the housing in Arizona as it is now, and as it probably will be in the next few years. This conference was extremely interesting to the Agent, and will provide an excellent basis for building the housing program in Navajo County. One construction company in Navajo County has built 11 new houses in the past three months, and plans to build 28 more in the next four months. This is merely an indication of the rapid building and remodeling program under way in this County. While more of the building is done by contractors in Navajo County than in Apache County, the Agent feels there is a great need for assistance, particularly in the areas controlled by the homemakers. The Agent hopes to plan, with the County Agent, a program that will fill the needs of the County in this field.

FOOD SELECTION AND PREPARATION:

The only school lunch in operation in Navajo County is located at Snowflake and serves both grade and high school children. Since many of the high school pupils come from the surrounding communities, the lunch program plays an important part in the adequacy of their diet, and is often the best meal a child will have all day. Because the small lunch room serves between 110 and 130 meals every noon, increasing efficiency has been a necessity. The former Agent had assisted the cooks in planning for and securing a movable table which has proved very useful. Additional improvements have been planned by the cooks and this Agent. Contacts made by the Agent with both the Principal and the Vocational Agricultural teacher have resulted in the addition of a new "through-the-wall" woodbox. This box, constructed by the FFA boys, helps to insure a handy supply of dry wood at all times. Further improvements have consisted of the addition of step shelves in a cupboard, the raising of low cupboards to a more convenient height, and the addition of a small scraping table. The cooks are appreciative of all help given, and are cooperative in applying suggestions. They are, of course, having some difficulty in keeping their food costs within their limited budget, but in comparison with other lunch rooms in the counties, Snowflake has an outstandingly successful program. The Agent plans to use their "success story" as a means of interesting other schools in the program, so that they will either re-open their lunch rooms, or start a program. The Agent would also like to use the lunch room as a means of teaching nutrition to the students of the grade school and the high school.

HEALTH AND SAFETY:

In cooperation with the Anti-Tuberculosis Association, the Agent carried out a program promoting the Chest X-Ray clinics held in Winslow and Holbrook the middle of October. Posters were distributed, word was spread through home visits, and groups were contacted. Great interest was expressed in the clinic, and 2881 people were X-Rayed in Winslow and 1884 in Holbrook. Through cooperation with church and school leaders almost every community in Navajo County was represented. Many people expressed a wish that such a program might be offered again soon. This clinic not only will result in possible detection and care of tuberculin cases, but has aroused much new interest in the health set-up in this county. The Agent hopes to keep this interest alive, and assist the women's groups in taking steps to eventually secure the services of a County Health nurse.

CLOTHING AND TEXTILES:

During two days spent at the State office in November, the Agent was assisted by Miss Helen Church, Clothing Specialist, in preparing a meeting on work clothes. Aprons were made as demonstration material, and plans for a meeting were formulated. The meeting will serve as a means of introduction to some groups for this Agent. Work aprons, designed by the Bureau of Home Economics, and a kitchen jacket, were demonstrated at one meeting. Use of "Dot Snappers" was also introduced, and the women attending were shown how to attach these fasteners. They expressed interest in this new, easy substitute for buttons. The Agent plans to continue this meeting during the coming year.

FAMILY RELATIONSHIPS:

During the months of October thru December, the Agent conducted a series of meetings centering around Christmas suggestions. The Agent attempted to take new ideas, as well as some old standbys, for making gifts at home; and also drew attention to the real spirit of Christmas. Discussions were held on the importance of including the whole family in making Christmas preparations, and ways to do this were suggested by the Agent and the homemakers. The women enjoyed these meetings, and seemed to profit as much from the discussion as from the ideas for gifts presented. The Agent feels that next year's program on Christmas suggestions could be carried chiefly by the groups, with additions on the Spirit of Christmas theme by the Agent.

RECREATION AND COMMUNITY LIFE:

The Navajo County Fair, which was held the first week in October, proved to be an experiment as well as a success. This

is the first Fair held since 1941, and both the Agents and the volunteer helpers were new at the job. The women's division was assisted by the former Home Demonstration Agent and this Agent, and the 4-H department was handled by the latter. An attempt to increase interest in 4-H was made through a Saturday morning program. This program included presentation of awards, community singing and a dress revue. While the crowd attending was small, the Agent feels this was mostly due to the time the program was given. The 4-H girls participating in the program, and a judging contest held earlier in the morning, were pleased with the program, and their parents expressed appreciation for the opportunity given for recognition of their children's work. The Agent hopes in the coming years to see the 4-H program become an accepted and anticipated part of the County Fair.

The State Fair, held in Phoenix in November, received the attention of many homemakers and the outstanding Navajo County 4-H'ers. Girls from this County entered clothing exhibits and won eight firsts, one second and one third. The Agent feels that much was gained from this recognition in the way of increased interest in 4-H work. She also feels that, by holding the interest of these girls who do outstanding work, more girls will be interested in 4-H work.

Alta Mortensen
Itinerant Home Demonstration
Agent,
Navajo County, Arizona.